

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Memory and a Healthy Diet

There are certain foods that can increase the chances of keeping your brain healthy as you age. If you want to remain mentally sharp as you age, consider adding the following foods to your diet:

Glucose

- Your body metabolizes glucose when eating healthy sugars and carbohydrates.
- Opt for fruits that are rich in natural sugars.

Fish

- Fish is rich in omega-3 fatty acids, which are essential for good brain function and development.
- Fish is linked with a lower risk of dementia and stroke, can help slow cognitive decline and can enhance memory as you age.

Nuts and Chocolate

- Nuts are rich in vitamin E, which is attributed to slowing cognitive decline as you get older.
- Dark chocolate (consumed in moderation) contains antioxidants, which can enhance concentration.
- Opt for an ounce of nuts and chocolate daily to reap the health benefits without consuming excess calories.

Avocados and Whole Grains

- Avocados and whole grains enhance blood flow to stimulate brain cells.

Blueberries

- Blueberries protect the brain from stress and may reduce the effects of Alzheimer's disease and dementia.
- Blueberries may increase your learning capacity and motor skills as you age.

Apples

- Apples are rich in the antioxidant quercetin, which protects against Alzheimer's disease. Don't peel your apples, though, as the skin contains the most quercetin.

Spinach

- Some studies have shown that spinach can prevent and even reverse memory loss.
- Spinach is high in folic acid, which protects against Alzheimer's disease and memory loss.

Iron-rich Foods

- Iron deficiency negatively affects learning, memory and attention.
- Eat dark, leafy greens, beans, lean meat and soy to boost the iron in your body.



Did You Know...?

Older adults who regularly ate brightly-colored fruits and vegetables experienced less cognitive decline compared to those who did not consume these foods, according to a recent study. The antioxidants in these foods eliminate free radicals and protect neurons in the brain from damage.